



Glazed Chicken and Szechuan Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup matchstick-cut carrots
- ☐ 1 tablespoon creamy peanut butter reduced-fat
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 0.5 cup matchstick-cut green onions
- ☐ 3 tablespoons hoisin sauce
- ☐ 0.3 cup bottled szechuan sauce
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 teaspoon lower-sodium soy sauce

- ☐ 2 teaspoons lower-sodium soy sauce
- ☐ 1 teaspoon olive oil
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 6 ounces udon noodles fresh whole-wheat thick uncooked (, Japanese wheat noodles)

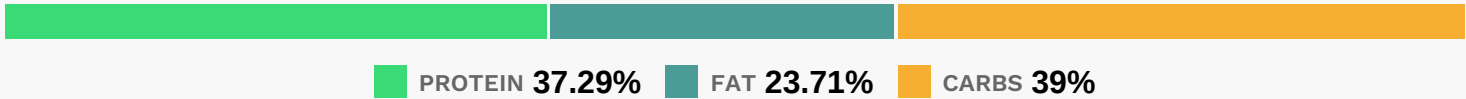
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine first 4 ingredients in a medium bowl; stir well.
- ☐ Add chicken; toss to coat.
- ☐ Place chicken on grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Remove from grill; cover.
- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Combine Szechuan sauce, peanut butter, soy sauce, and juice in a large bowl, stirring with a whisk.
- ☐ Add noodles, carrots, and green onions; toss and serve immediately with chicken.

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:15.4, Inflammation Score:-10, Nutrition Score:21.975217425305%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 445.65kcal (22.28%), Fat: 11.7g (17.99%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 39.08g (14.21%), Sugar: 12.89g (14.32%), Cholesterol: 161.95mg (53.98%), Sodium: 1212.94mg (52.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.38g (82.77%), Vitamin A: 4580.22IU (91.6%), Selenium: 39.22µg (56.03%), Vitamin B3: 10.48mg (52.38%), Vitamin B6: 0.83mg (41.66%), Phosphorus: 356.96mg (35.7%), Vitamin K: 34.51µg (32.86%), Vitamin B5: 2.25mg (22.48%), Vitamin B2: 0.37mg (21.54%), Zinc: 2.87mg (19.11%), Vitamin B12: 1.09µg (18.14%), Potassium: 587.32mg (16.78%), Fiber: 4.19g (16.76%), Magnesium: 58mg (14.5%), Vitamin B1: 0.18mg (11.87%), Iron: 2.09mg (11.61%), Manganese: 0.2mg (10.25%), Copper: 0.18mg (8.81%), Folate: 31.74µg (7.93%), Vitamin E: 0.94mg (6.28%), Vitamin C: 4.07mg (4.93%), Calcium: 42.11mg (4.21%)